

EXERCISES FOR EACH DAY OF THE MONTH FOR THE DEVELOPMENT OF MIND, FOR DEVELOPMENTS OF LIFE IN A FAVORABLE DIRECTION, TO GAIN FULL HEALTH AND TO ESTABLISH HARMONY WITH PULSE OF THE UNIVERSE

NON-PROFIT ORGANIZATION

"Fund Gregory Grabovoi - introduction and spread of
Teachings of Grigoriy Grabovoy

"On saving and harmonious development"

Grabovoi Gregory



Table of Contents

Introduction	4
Day 1	7
Day 2	8
Day 3	9
Day 4	10
Day 5	11
Day 6	13
Day 7	15
Day 8	16
Day 9	17
Day 10	19
Day 11	21
Day 12	22
Day 13	23
Day 14	25
Day 15	26
Day 16	27
Day 17	29
Day 18	30
Day 19	31
Day 20	32

Day 21	34
Day 22	35
Day 23	36
Day 24	37
Day 25	38
Day 26	39
Day 27	40
Day 28	41
Day 29	42
Day 30	43
Day 31	44

Introduction

I advise every day to give time to the exercises, which are listed below. For each day of the month recommended the three relevant to this day exercise. In these exercises provides event management. For this purpose various concentrations. In the process of concentration constantly keep in mind the specific goal you want to achieve. The aim may be the implementation of the desired event, such as recovery from illness, the development of mechanism knowledge of the World and so on. Importantly, always spend management information to the universal salvation and harmonious development. Such regulation may be struggles with destruction at the information level, as you perform the work of rescuers.

Practically, at the level of your perception, concentration may be as follows:

- You mentally define the target concentration in a certain geometric shapes such as spheres. This target area of concentration.
- Spiritually tune in to build the necessary for you to events like this makes the Creator.
- While the concentrations at various sites on the specific numbers, or the knowledge of reality monitor the location of the sphere. Arbitrarily move the scope in the area of your perception, which gives more light at the time of concentration.

I presented one of the options technology concentrations. In practice, you can find many others. Very effective way of managing events, based on an understanding of the peace process through concentration. In the first exercise for each day of the month you are concentrating on any element of external or internal reality.

In the second - on a sequence of numbers seven and nine digits.

In the third exercise, given technology event management in verbal form. For the more successful the last two exercises, it is recommended to know Section 7 of the fourth chapter.

I draw your attention to another important point. It should be understood that the efficiency of your concentration is largely determined by your approach to it. Try to open this creative process. Listen to how it is your inner voice tells you to do these concentrations in practice.

You can, for example, as I said earlier, to write a series on digital paper and concentrate on it. And you can do another thing.

At a concentration on a sequence of nine digits, one can imagine that you're in the middle of some areas, and the numbers are located on its inner surface. Information goals concentrations can be found inside the sphere in the form of a ball. You need to tune in to the identification of the number from which the proceeds in more light. After receiving the first thought that some number of numerical series, located on the inner surface of the large sphere, illuminated more than the rest, fix the number. Then mentally connect the inner sphere containing a target concentration, and an element of perception as a number.

At a concentration on a sequence of seven digits, one can imagine that the numbers are located on the surface of the cube. To any one of its faces. Moreover, in accordance with your feelings, you can move those numbers, changing their position, so in order to achieve maximum effect.

Can proceed quite differently. You can mentally associate each number with any part of the external or internal environment. And not necessarily that these elements were homogeneous. One number, for example, you can link to any tree, and another - with some feeling. All that you decide for yourself. With this approach, you symbolically equate the number of your chosen elements of reality. As always, these elements may actually be not only physically but also mentally, so you can submit them yourself in your mind. These techniques give you more control. You can change the structure of concentration, mood at it, you can diversify the symbolic equating numbers to elements of reality. As a result, you can make your concentration better. You will be able to better manage the execution time that you have in mind. And this in real life is very important.

Where you want instant salvation, your concentration should give instant results. If we are talking about how to ensure harmonious development, it is the time factor may not play such an important role. Decisive here is to ensure that it is your harmonic development, taking into account all the circumstances, and this will give you your concentration.

So in all these exercises should be individually. Each must choose a system of development. It is important to bear in mind the following.

Choice of their own development can not be done the only logical way. Of course, you set yourself goals you want to achieve them, but in your heart already have problems that were laid there at an earlier time. So when you spend a concentration may be implemented at the beginning of the tasks that were laid earlier, which were targets of the soul and which have been

problems not only for your development, but development of the society. In this task, you feel that this is what you need to do in the first place, you feel it in the deep inner level, the level of the soul, at the level of the Creator. And that's why, when we talk about the concentrations we're talking primarily about universal harmony. It should be understood that the harmony is always implied as a necessary element and an element of salvation, if the situation requires such intervention. Although the main objective is to ensure the harmony of this development to any threats do not arise. And, of course, the harmonious development needs to be done so that it is eternal.

To this are created by me and has already proven concentration for each day of the month. Making them, you get the harmony that will make your journey pleasurable and continuous, and you can save yourself and others and live forever.

With these concentrations, you are in any situation can always take active control actions, and not be in a passive state. The realization that, using the concentration in your affairs, you are actually in the process of universal salvation and eternal harmonious development, offers you the creator of this freedom. This forms the universal creative development, together with your true happiness.

Concentrations are given for 31 days. If you are doing these exercises, for example, in February, in which 28 days, after 28 days you will go to the first day of March. That is, the day of the month from a list of exercises should always coincide with the day of the month, which at this moment is indicated in the calendar. Perform concentration you can at any time of day. Number of concentrations during the day and their duration do you define yourself. It is advisable to conduct a systematic concentration and before the important things.

If the first exercise of any day will seem tricky, you can skip it and do the other two. Result will still be, but over time an increasing number of exercises under the first issue will become more understandable for you and easier. So do what you know and what you like.

Day 1

1. On the first day of the month running focus on right foot. This concentration connects you to a reference point in the outside world. You mentally lean legs of the Earth. Land in your mind is a carrier bearing.

Management in the full recovery based on the fact that the reference point is both the fulcrum and the point of creation. And since it is also the point of creation, by means of this concentration, you can immediately develop a conscience.

You realize that on the same principle on which the earth keeps growing and growing, there are, for example, plant matter and even your own body, on the same principle you can build any external reality. Understanding this is the basis of this concentration.

However, during implementation of the concentration you can not think of it deeper mechanism. You can just concentrate on the right foot and thus represent in the minds of an event that you need. One mechanism for the construction of reality, which I just mentioned, will work automatically. And you get the desired event harmonious manner. For this administration and at the same time ensures the harmonization of events.

This exercise can be done several times a day.

2. Focusing on the seven-digit numeric number: 1845421;
on the nine-digit numeric number: 845132489.

3. On this day, you need to concentrate on the world, on all subjects of peace and to feel that every piece of the World - is part of your personality. Sensing this, you will feel like breeze from each subject of the World tells you the decision. And when you feel that every object has a particle of your mind, you will see the harmony that we sent the Creator.

Day 2

1. This day is held focusing on the little finger of his right hand. As in the previous case, concentrating on the little finger of his right hand, while you keep in mind that event, the exercise of which you want to achieve.

This exercise can be done several times a day. And at intervals that you feel comfortable. You can start a new concentration within 20 seconds, and can be an hour or more. You can do one or two of concentration on the day, and can be ten or more. And duration for each concentration can choose for yourself.

Rely on your inner feeling, intuition. Learn to listen to your inner voice and hear what he tells you. The foregoing applies to all exercises.

In principle, when performing this exercise, you do not need to maintain immobility. You can with his little finger right hand to touch something, something to touch. It does not matter. Proceed as you prefer.

It is important here as follows. In general, you have many perceived. Besides this little finger has nine other fingers and many other parts of the body. However, because many perceive the items you currently have to focus on just one, on the little finger of his right hand. It harmonizes management. Management becomes harmonious.

2. Seven-digit number: 1853125;
Nine-digit number: 849995120.

3. On the second day of the month you should see the harmony of the world in connection with them. You must make this world as this world has made the Creator. Look at the world and you see that picture that was. Look at the world and you see that picture to be. Look at the world and you see who you are now in this world. This will be the world always and forever.

Day 3

1. On the third day of the month the concentration is carried out on plants.

The plant can be physical, that is, so that the external reality actually exists. Then, during the concentration, you can even just look at him. Or you can imagine the plant mentally. Then you are concentrating on his way.

This concentration method of reflection. Its essence is the following. By concentrating on selected plants, can you imagine how the reflected light from the plant formed your desired event. Better even say that you do not just imagine this event, and you actually see it, you really build it. Constructed by the management of such events turns out to harmonize. This helps the fact that the plant in the world has been largely harmonious.

2. Seven-digit number: 5142587;
Nine-digit number: 421954321.

3. Look at the reality and you will see that many of the worlds. Look at the world that you need, go to it and expand it. See the eyes of his witness. Draw near to him and put his hands on it and you will feel the warmth that spreads from your world. Slide it up to you and look at the Creator. Look at how he tells you and what did he advises. Can this knowledge to compare with their world and gain eternal.

Day 4

1. On this day, you concentrate on the crystals or stones. We can take a grain of sand. Suppose you have chosen, for example, a stone. Then, concentrating on the rock, you are representing yourself around a certain area. This is the sphere of information. You mentally see how in this field are all you need event. You are simply laid in this area you need the event. Since control is exercised in the performance of a given concentration.

2. Seven-digit number: 5194726;
Nine-digit number: 715043769.

3. Have one perspective of reality that you are given methods. Methods should be harmonious. One method is to follow from the other, just as the second method from the first. Walking along the street, you see that each step results from the previous one. You can get up when you were in a sitting position, and you see that every movement can be varied. It can come from previous actions, and of himself can be obtained following the preceding action. Get The World as if it had always been continuous, as if every movement of this World would deal only you as a single person. When you get that solidity of the World, which gives you the specific methods of control in this world and this world, your world will be everywhere and you will come to him and you take it in your hands and your hands will be the world that keeps your world. And you'll see that you come in contact with the world forever, with the world of all worlds, and it will be the only one for all, and it will be a collective world that you have chosen and who chose each. Create it so that it was perfect for everyone and perfect for you. Ideality should not be divided. You should see the ideality of all, and you in your world united as one world for all.

Day 5

1. On the fifth day of the month to concentrate on the elements of reality, which arise as a result of your interaction with other elements of reality. Let me explain what this means.

When you pay attention to any object, you thus, in general, concentrate your mind on this subject. Due to contact with you, this subject, this element of reality has a certain degree of your concentration and a certain amount of your knowledge. Some portion of the information received from you and something from your state, this object in turn passes the other elements of reality. Likewise, for example, the light from the sun, falling on different subjects, is partly reflected from them, and already covers some other places.

Thus, when you look at any subject, it then, that is, after interacting with you handed something in the environment on his own. So, your task is to reflect and reveal that each element of reality sends to the external environment by themselves. You can, of course, stop at one thing. You concentrate on that and at the same time imagine your desired event. This is the method. Feature of his that the implementation of the desired concentration of events leads to an identified you, so to speak, a secondary element.

So, by logical thought, or clairvoyance, or any other spiritual practices do you find that it was chosen element of reality gives the external environment after the interaction with you. By concentrating on this investigation, this secondary element of reality, and at the same time imagining the desired event, you are striving for its realization.

2. Seven-digit number: 1084321;
Nine-digit number: 194321054.

3. When you see the sky, you know what is the Earth. When you see the Earth, you may think of the sky. If you are under the earth, the sky is there above it. These simple truths must be a source of perpetual Peace. Connect the sky with the Earth and you'll see that everything under the earth - all this can be above the Earth. Go to meet the spirit and find the resurrected, where they are. Bring Infinity to true peace and you will see that the world is infinite. And when you see it, you'll see the true Creator, you can see the Creator of this, because he gave you what you have, and you create, even as he has created. He is very close to you. He is your friend, He loves you. You have to stretch your hands to Him and to create as He creates. You are His creation and you are the creators. Only Creator Creator can create creators. You must be in harmony with his Creator. You must be open to Him and be forever in all

its manifestations, in all his creation. Everything you want to fix, you can always fix. Everything you want to create, you can create a place where you are and if you want. To improve is eternity. Minister for eternity multiplied acts of the Creator. You are the one you saw in the Creator, whom He created in you. But you are, and those who want to personalize the Creator himself with his deeds in the infinity, in which you see yourself. Creator who is present in you - this is the Creator, who moves with you in your every action. Refer to Him and you'll have harmony.

Day 6

1. On this day holds the concentration of the essence of which can be formulated as follows: changes in the structure of consciousness in the density of concentration due to the perception of distant objects.

This method of concentration is convenient to use when you want your desired event has occurred in any particular place. Then you need to concentrate minds in this area.

This method can be successfully applied, and when you are, conversely, do not want to implement in a certain place a certain situation, if it is unfavorable to you. In this case, you need to disband the negative information. Disband - hence defocus, raskontsentrirovat consciousness in this place. The resulting vacuum, thus leading to failure to adversity.

Implementation of the desired event in the selected location can be obtained using the concentration there of consciousness due to the deleted items of your consciousness. We have already discussed earlier, this method of management. In its application you are using elements of consciousness, which is responsible for the perception of distant objects. With this you can perceive the real physical objects that were deleted, as you see them ordinary vision, or you can contemplate the distant objects mind's eye. And in fact, and in another case, you use the deleted items of your consciousness. And if you commit this in mind an event that want to implement in a given place, then that's where it happens.

Thus, the essence of this method is as follows. Than in more distant areas of your consciousness you put the information, the better it is processed and the more fully realized the desired event. And the event will take place at the right place.

With regard to the destructive forces can use the method of defocusing. Rasfokusiruya your mind, you can make the negative information is so sparse that it is in fact already longer perceived as though it and did not have.

2. Seven-digit number: 1954837;
Nine-digit number: 194321099.

3. Seeing the world as if it were overturned, you should always be aware that any upside, any compressed or fragmented world - it is always a world of unity, harmony and goodness. You need to understand that behind all upside and ambiguous or not the characteristic state of the world is always the

goodness of God and you can have this harmony from the knowledge that you have always been eternal and perpetual and will remain, and no structure, no information will not change this will God.

Day 7

1. On the seventh day of the month to concentrate on areas sverhdalekih consciousness. In practice we deal with them when looking at the distant clouds or distant objects, say, trees or their leaves.

For the materialization of an object or for some event to process large amounts of information. Sverhdalekie field of consciousness provides ultra-fast information processing. Therefore, the more distant areas of consciousness you use, the faster processing of information, you can make.

Knowing these facts as follows is used in this method. You're looking at a cloud or ordinary vision can see it both mentally and in their minds build the desired event on this cloud. Or on a piece of paper, if you look at the remote leaf. Due to the use in this case sverhdalekih areas of consciousness, you can quickly achieve the desired result.

In this case, the implementation of the events happening harmonious manner. For the cloud can not destroy. Just as the leaf. They can not do any harm. As a result, the desired event is implemented in harmony.

2. Seven-digit number: 1485321;
Nine-digit number: 991843288.

3. You can see that the world is moving in the image and status of your actions, in cooperation with God's will. You can see that the world - is the creation of which is recognized by all, and when you want to change the world about your business, please give their business to the universal goodness and your affairs will be confirmed, your health will be strengthened and the overall goodness comes. Common grace - the act of the World, leading you into the kingdom of God and leads to the fact that you get the universal life and individual life forever and forever.

Day 8

1. On this day, you learn to manage by focusing on the consequences of events. Imagine that you are sitting by the lake and watch the racing boat. Water is calm in front of him and behind him there are waves. Waves are a consequence of motion boats.

Look at the growing on a tree leaf. This leaflet can be viewed as a consequence of the existence of a tree.

Stumbled against the clouds and fell to the ground the first drops of rain. Rain drops can be seen as a consequence of the existence of clouds.

Similar examples all around us uncountable. You take any phenomenon, and focusing on one of its consequences. In this case, you keep in mind the desired event. And it is happening.

This control method is very effective. With it you can change and past events.

2. Seven-digit number: 1543218;
Nine-digit number: 984301267.

3. You see that endless line figure eight combines those worlds that you have already met in the preceding seven days. And when your world to unite with all the Worlds, you'll see that you are as glad at heart, how diverse world. By treating every particle of Peace as a universal pleasure, you will find that joy is eternal, as well as the ever-being, and that the status of the general joy you lift your hands up and see the promise of God's grace, which encourages you to Eternity. See the eternity in a place where it is. See the eternity where there is none. See the eternity where it always was, and you are the creator of Eternity, where it is not from the perspective of another. When you see eternity and will create it, you'll always eternal, all in all eternity and in any world. You are the creator of the image and likeness and Eternity create your image and likeness. Let us make an eternal, you will create yourself. Let us make the most of yourself, you are creating a perpetual, just like Eternity can create another eternity and, just as the Creator created all at once.

Day 9

1. On the ninth day of the month you are in a concentration that can be called as follows: the concentration on sverhudalennyh areas of consciousness as close as possible points of your consciousness. That is the method of concentration lies in the fact that the most remote parts of your mind you are translating to the greatest friends. Moreover, this transfer must be made so that your experience would be the same as from the most distant, and from as close as possible sites of consciousness. In this case, you can get a single impulse to construct every element of the World. And once you reach this, you will become a specialist in management. Because you then have enough to even just be in a state of spiritual attitude to ensure that everything was fine, that all was well, it will be enough to simply have a desire - and all it will be so.

That a single impulse, to which I said, is developing a special spiritual state. This condition is not entirely connected with thinking, because thinking as such in this state may not be. There may just be the mood, such as good, on creation or establishment of harmony.

And the presence in this state just this attitude has lead to a favorable turn of events.

I stress that this method of concentration allocates a special form of perception. Perception is in your consciousness, perception is a part of your consciousness, and you specifically strukturiruyete it so that as a result it works as I have said.

Reduced concentration method involves deep issues of governance on the basis of their consciousness.

2. Seven-digit number: 1843210;
Nine-digit number: 918921452.

3. Seeing the world as a very grave nature of the universe, you'll see that everything that exists in nature, that anyone who exists in nature, for example, plant, human, animal, each molecule or something that does not yet exist or has been created previously, all have one common basis of God who has shown a mechanism for creating the most. Having seen how to create it, you'll create everything. Come to that in the beginning of his "I". Come to this through the depth of his self, and you'll see your "self" develops together with the entire universe, as your ego grows and is transformed into the world. You - this is the Peace. You - this is reality. Look at it through the eyes of the

world, look at it through the eyes of everyone, look at it with my own eyes and you'll see that your soul - this is your eyes. Look soul and you will see the world as it is, and you can fix it as it needs to be corrected, and you'll see the world the way you should use to achieve eternity. You'll know the way, whenever you look at the world from itself, from itself and outside of yourself.

Day 10

1. On this day you practice concentration, the essence of which can be expressed as follows: the concentration simultaneously at all sites covered by your external reality during a single pulse of perception of all these objects.

You are tuned to ensure that your perception of the available facilities do you feel would simultaneously by a single moment of perception. You should as a result of such an instantaneous perception to realize all these external objects.

Of course, at the initial stage of practice can turn a partial perception of information about all objects. Take it easy. Indeed, the goal of your work - the most complete perception of all objects. Co time you come to possess such a capability.

However, even at an early stage in the instantaneous perception of surrounding objects at least some information about each of them you still get. Well, for example, even though the notion that these objects somewhere in there, that they exist.

Generally speaking, to obtain information about an object, you just have to find the desired point of concentration and tune. You can then go to any site. You can get access to all levels of government. And because this method of concentration you learn to accept both a large number of objects, then this practice will allow you to manage large amounts of information at once.

As a concrete example I can give you a result of this practice. Suppose, in front of you computer. Then, just a glance at his appearance, you will already know how to operate the computer and that in general, in principle, can be obtained from its use.

Presented here form the concentration allow you to receive information from any object, as with the practice you learn to manage any object information. Moreover, access to management can be both logical and indisputable, that is on a spiritual basis.

Thus, to exercise the first number I gave you concentrate on the first ten days of the month. In principle, you could further concentration, until the end of the month, find themselves already. This could be done on the basis of causal relations in the field of information. What you already know, you could develop further, considering all the work from the standpoint of the fundamental controls. I, however, continue to account of these concentrations, but only going to do it now more briefly.

2. Seven-digit number: 1854312;
Nine-digit number: 894153210.

3. Union of two numbers: one and a new number zero has led to what you originally saw the world such as if a zero is already present in the digit one. When you look at one and increase it to ten by adding the scratch, you are committing the action. So your action and your action on this principle should be harmonious. You should see that your every action can substantially increase, increase the quantity and quality, your every expression. You are a manifestation of the World. Harmonize it with what you see. See for yourself and your thoughts. You should be where you are, you should be where you are not. You have to be everywhere, for you are the creator and the creator. And your Harmony should lead to Eternity. Resurrection - an element of Eternity. Immortality - it's also an element of Eternity. You have to find a true eternity, where immortality and resurrection are only special cases of this Eternity. You must be a creator of all and everything. And what follows the resurrection and immortality, for true immortality, you should know and clearly understand. True immortality generates the following status of Eternity, the next status of the World and the next status of an individual. You should be prepared for it and always know that other problems, problems of Eternity, which were born before you and that you set for yourself, give rise to new worlds that you build in your mind, and this world, as well as a unit and a zero yield ten, this world is what you'll have when you are eternal, and since you have everlasting. Your immortality lies in yourself. You already are eternal and immortal, you just have to realize it. Go to this level by reasonable action, such as the connection unit is zero and you get it in the immortality of your every action, in each of your attitudes, your every step.

Day 11

1. On the eleventh day of the month you concentrate on the phenomena, which manifests the interaction of animals with man. Well, for example, in the house you live dog or cat, or any bird, say, a parrot. Think about what the deeper meaning of this interaction, these contacts, this communication? This is from our point of view. And from their point of view?

Osozovanie your processes of perception and thought the other participants of interaction will allow you to enter into the management structure of all reality.

2. Seven-digit number: 1852348;
Nine-digit number: 561432001.

3. Just as you increase the unit ten times, adding one round number zero, you get the next number by adding one number one. Number 11 - is the personification of Peace, which is within you and which is visible to everyone. You are the one entity that is always visible to everyone and everyone can get your harmonious experience, the one you received in its development. Share your experience and you will receive eternal life.

Day 12

1. On this day, you concentrate on phenomena that can occur to the establishment of the whole. For example, a goose or a swan feather fell. In this case, you should concentrate on how one could make it back into place. How could it get? That is, you try to understand how one could create or recreate a whole.

Or, say, another example: a tree has fallen leaf. How to make it back into place and the tree with him would have been in its original form?

This concentration on collecting individual elements of reality into a coherent whole, which is their norm. Practice in such concentration gives control.

At this concentration, as in many others, as the object you can treat yourself. You can restore all your body. Me once asked one woman. During the operation, she had cut the uterus. You understand how this important issue. I applied the principles and methods that are now know you, and now this woman again full health uterus. [Appendix B, p. 529.]

2. Seven-digit number: 1854321;
Nine-digit number: 485321489.

3. United with the world in its shell, so as you perceive it in their deeds, and you will find that your actions - this is the essence of the world, which harmonizes with you anywhere and anytime. And you will see that the grace of God bestowed on you, the Lord wanted you to unity. You must have a union where the Lord has development. In the development of a union with the Lord. In the development of the Divine, the true and the creative union comes in every moment of your movement. You move and evolve in the direction of Eternity, and it will forever be your oneness with the Creator in your eternal development. Eternal life - a true communion with the Creator.

Day 13

1. In the thirteenth day of the month to focus on discrete, individual elements of any object reality.

Suppose that you perceive any object. It may be, for example, truck, or a palm tree, or stone. What a subject does not matter. The point here is that of the object you knowingly give out any of its fragments, some of its parts. Truck, for example, can be thought of as consisting of many separate parts.

Let me remind you that so you can do with all the forms that are not human form. Since man can not so act. A person must always be perceived holistically. It's the law.

If you selected an object - not a man, but something else, the same truck, then you can imagine it as consisting of separate parts. So, your mission here - to find the links that exist between the individual parts. And when you find those links and to simultaneously keep in mind your desired event, such as healing someone, or acquisition of the ability of clairvoyance, and then you reach the realization of this event. So you can improve their management capabilities.

2. Seven-digit number: 1538448;
Nine-digit number: 154321915.

3. You can see the person who created the world before you. You can see the mechanisms that created the world before you. You will see a world that came before you. And you feel that you have always been, and the sense of transfer of these individuals and these create a sense of these mechanisms. And you'll see that everything around you, artificially created by natural reproduction or that all of this is the Creator. He impersonate you is that you see. Your avatar - this is a world that is created. So you can find any technology, spiritual, intellectual, technological, and what you want, but always constructive development. Take a look at development as a universal development on an equal footing, of any element of reality and an object information and you will see that the essence of which is your soul, your personality and your Creator. Individual creator and the establishment of all is the basis of harmony of the world, which is inherent in all, there is always and everywhere understood. The creator who created you, individually and only you created all at once. In the same way you created the world, individually and once simultaneously for all and for all time and space.

Day 14

1. In this day of the month you concentrate on moving objects around you. You watch them and ask yourself the question: why is moving cloud? Why does it rain? Why birds can fly? Why did all this happen? You are trying to find information for themselves the meaning of each event.

When you are concentrating so at the same time keep in mind your desired event, then you get it implemented. And at the same time cultivating a mastery of management.

2. Seven-digit number: 5831421;
Nine-digit number: 999888776.

3. On this day, one must see his hands as his hands, reflecting the light of life. On this day, have to see their fingers as the fingers, reflecting a light hand. On this day, his body See the shining light of the Creator clear, shining bright light of love, happiness and health for all, a radiant clear light of my teachings about eternal life. On this day you can feel this doctrine of eternal life, my teaching and to apply to me mentally. You can contact me well in every other day and in any other state, and you can always ask for what you want to receive eternal life and peace building. Contact me and you'll get help. You can apply as well to him and yourself know that you got from me. You can see these skills and apply them to show others. On this day, you can blend in with me as you can blend in with me in any of the preceding days, and all subsequent days. And in those days, when the time is not measured by time and space, you too can always turn to me and always be able to go for help, asking them about the conversation, asking about the event or just to ask. You're free, just as you were free at all times. Take it for a rule, spread the rule at the other and you get eternal life where I am. And you get eternal life, where have you. You will receive eternal life, where has it all. And you get eternity where there is everything and is always there. And this principle will be authentic and true to all, and he is a true and fair to all, and you are who you are in eternity, because you already have eternity.

Day 15

1. On the second day of the month you have practiced concentration on his little finger right hand. In the fifteenth day you can for this purpose use any other part of your body, for example, other fingers, or fingernails, or something else of your choice. Further concentration is the same as I explained for the second day.

2. Seven-digit number: 7788001;
Nine-digit number: 532145891.

3. In this fifteenth day of the month, you may feel that the grace of God, who sent down the universal mind, and that he is grateful to God for his creation. For the creation of each element and for creating such its status that it can reproduce the universe, because God is present everywhere. And according to this principle will feel gratitude to the plants and animals in relation to you, feel grateful to the other person and feel their love. And you'll see that you love them. In the love of creation, the goodness and vseproniknovenie. And the total love all accessible and reaches all - this is the Creator who impersonate World in your manifestation. You are the manifestation of love the Creator, for He is love towards you. You originally received the gift of the creator and you are to them, you are the creator, because you created the Creator, eternal God, comprehensive, and go back to where he is, because He is everywhere. And go wherever He calls, for He is calling everywhere. He is there where you are, He is everywhere, where is you. You - in the movement of the Creator, you - the personification of His Eternity. Go for the care of the Creator, He created an eternal world in the overall mutual development, and you will see that the world is created for ever, and you will see that the world embodies the eternal you. You are the creator, which creates a perpetual and eternal Creator created you in the creation of perpetual peace.

Day 16

1. On this day, you concentrate on the elements of external reality, which comes in contact your body.

From childhood, we remember the remarkable phrase: "The sun, air and water - our best friends." In this concentration you are trying to realize the interaction with these our friends.

You concentrate on the warmth of that give you falling for you the sun's rays. You feel their touch, you feel the warmth provided by them.

You feel a light breeze blew you. You can feel his breath. Or it may be strong gusts. This may be completely motionless air. And if it is very hot and high humidity, you feel both heat and air, and moisture on his cheeks.

You can experience the refreshing effect of the water when you wash or take a shower, or swim.

These concentrations can be done in the cold winter. Do you it is always open face. But in warm weather, especially during the summer at the beach, your body can enjoy the contact with the sun, air and water. You can add here and contact with the ground.

These concentrations are very important. In them you are entering into a conscious interaction with the elements.

This practice, of course, you can practice every day.

If, during the concentration you simultaneously keep in mind your desired event, then you are striving for its implementation.

2. Seven-digit number: 1843212;
Nine-digit number: 123567091.

3. Feel the harmony, where it is, but it is always and everywhere. This harmony of the Creator. Feel the harmony, where it is and will be. This harmony of your development. Feel the harmony, where she is, was and will be, and where it was not where it's not, and where it always will be. It is the harmony changes. This harmony of transfiguration. This transformation into eternal life. Come to itself everywhere, and feel this harmony everywhere, and you will see on your harmony disperse waves of joy and love. And you'll find what you're doing a harmonious world is forever in his eternal status of

sustainability. You are a fighter, but in the eternal grace of God for eternal life and eternal faith.

Day 17

1. In the seventeenth day of the month you concentrate on the elements of external reality, which, from your point of view, surround you always. This is the space around you, the sun, moon, constellations, and acquaintances you do all that in your view is always there. You concentrate on some of these elements and at the same time, as always, keep in mind your desired event for its implementation.

2. Seven-digit number: 1045421;
Nine-digit number: 891000111.

3. Look all-seeing eye for the resurrection of all and sundry. And you will see that the restoration of peace - this is the reality in which you live. And you feel that you are in eternal peace. Continue on this path forward, and you'll see a path that is calling you. Go along this path and you will see the Creator, who is eternal, and you will enjoy an eternity of their own and a delight - it is the eternity of life and the Creator - this is the Creator who created you, and His love is boundless, and the simplicity of his confidence, and he as simple and transparent as you imagined how you think about it before, and he just kind and constructive, as you knew it before. He is your Creator and He gives you a way. Walk in His ways, for His way - your way.

Day 18

1. In this day of the month you focus on stationary objects. This may be building a table, a tree. Choose what you like. Next you must find the individual nature of the selected object, its meaning. Sense to you, so you have to understand what this object is for you. Such is the concentration.

Further description of exercises I will not add that at the time of concentration to keep in mind the desired event to control them. Further, it will always be implied.

2. Seven-digit number: 1854212;
Nine-digit number: 185321945.

3. You go to where there are people. You go to where there is an event. You work where there is resistance. And when you see it, the resistance becomes transparent, his strength weakened and you see the world of eternity, even if the resistance is still there. Come and be wherever you want. You can be anywhere. You can embrace the world of prosperity, and so fight with the resistance for the good of eternal life and the resistance will collapse and you will see the light of eternal life, and perceive it. And so realized forever and at all times.

Day 19

1. In the nineteenth day of the month you concentrate on the phenomena of external reality, which is something that existed originally as a unit, then converted into a set of individual elements. An example of this phenomenon: a cloud turns into a drop of rain. Or another: crown of the tree is transformed into individual loose leaves.

During the concentration on these phenomena are you trying to find the laws on which these developments could not tolerate. To find such laws - that's the meaning of a given concentration.

2. Seven-digit number: 1254312;
Nine-digit number: 158431985.

3. Fighting spirit of his place in the world, as well as the struggle of your soul for the personification of the Creator, lead to the fact that your intellect and your mind becomes controlled. Your consciousness is universal and part of your consciousness becomes a common consciousness. You become who you are. Your eternity is manifested in your thoughts, your thoughts become Eternity, your thoughts make the world forever, and you'll be where you are and you'll be where you are not, and you'll always be, even though the world and consists of periods of time, and there where you are, time and space will become World unite with eternity, and the time to step back and you're on the move and you'll be in eternal time, and you will feel the eternal time, and it shall be a time will come to you. Every moment of your time is eternal. Feel Eternity in every MiG, and you'll see that you already have.

Day 20

1. This day is held focusing on remote areas of consciousness. Your task is to help other people.

Imagine that you need to explain something to another person. Explain what he does not know or understand. In fact, we with you already know that in reality each person has all the knowledge in his heart which was originally all been there. Therefore, your goal is to help him understand the information that it already owns. Incidentally, with this, with the knowledge already existing in the soul and knowledge related to genuine understanding.

Awakening people to realize they need the information stored in his mind, the easiest thing can be done through remote parts of his consciousness. And get them the easiest through remote parts of his consciousness.

Performing this exercise, you hereby are actively participating in the program of salvation. In this regard, I must clarify that there must be fundamental to your concentration. Your concentration should be such that you received management would give a positive effect immediately for all that it provided a positive development for all at once. And yet, regardless of the location of other people. Physically, people would be up to you at a great distance, but they still get you to help.

In a more concise form, this exercise can be called a concentration on universal success. It is understood that due to your work develop specific situations will all be in a favorable direction.

If desired, especially at first, at the beginning of practice, it is possible in this day to add one more exercise.

You concentrate on these remote objects, like the sun, planets or stars and constellations. With this you can not see their normal vision. Your task in this concentration is: you are trying to understand what these objects in terms of information.

2. Seven-digit number: 1538416;
Nine-digit number: 891543219.

3. Look at the world with the highest position of your mind with the deepest position of your soul and with the spiritual passion for the general welfare, look at the world as if he had just created and create it the way it is now. But creating it for what it is today, changing the state of the world and its evils for

the better, toward the creation and eternal life. And you will see that the flaws - is not at all vices, and a misunderstanding of the World. Understand the world correctly, as it gives you the Creator, and you will see that the Creator is everywhere and correctness is everywhere, we should only make one step forward, it is necessary not only to deny and to come to correct this forever and forever, and you will see that world transformed. And you will see that the universe has become your life, and you will see that the Creator pleased with you, and you'll see that you are the creator and can create everywhere, always and forever, and you are an assistant to the Creator, and you are an assistant to any other and you both the Creator create the creator, and here you come to the point of unity for all. And this point is the unity of all - this is your soul. Look at her, and you will see the light of life. This light creates a life of your soul. The glow of your soul - this is what is calling you upward, far and wide, the glow of your soul - this is the Peace. You see the world, because it sees your soul. You see the soul, because you have the eyes of the soul. Look at yourself from all sides, and you'll see the total unity with the world, with the whole world that exists everywhere and always. Your idea - this idea of the World. Your knowledge - is knowledge of the world. Distribute the knowledge of life and spread the light of his soul, and you will see eternal life in such a state in which you are sitting in it. You will see that eternal life is a long time with you, it always is, it always has been, it always will be. Eternal life - this is you.

Day 21

1. In the twenty-first day of the month you need to concentrate on the numerical series which go in reverse order. Case study: 16, 15, 14, 13, 12, 11, 10. Occur in these sequences of numbers must be in the range from 1 to 31 (maximum number of days per month). So at your disposal 31 number. In compiling these numbers, sequences rely on your inner instincts.
2. Seven-digit number: 8153517;
 Nine-digit number: 589148542.
3. See how the mountain stream runs down from the mountains. Look how the snow melts. Consult your mind's eye to these pictures, if you look through the eyes. And you will see that your thoughts do not differ from your eyes. And you'll find that your consciousness is no different from your body. And you will see your soul builds your body. Do not forget this knowledge, leaving them out of a second per second, giving to others and making a moment of eternity, you will always build yourself as if you would, without effort, lived, and here is the eternal construction - this is the eternal life. Build around him on the same principle as other objects, build the worlds. Create joy and sow wheat, and make bread, and give the tools and let the car and make sure that machines were harmless, not destroyed, and you will see that you live in this world, and you'll see that it's down to you, and that God manifested in the car, and your consciousness. Stop the machine if it is threatened. Build the body if it is sick, perform resuscitation, if someone is gone, do not let the care of someone else. You are the creator, you are the creator, take it, go ahead and go forward in harmony with the world, in harmony with all created, in harmony with all that will ever be created in all of infinity and the phenomenal world, and in harmony with oneself .

Day 22

1. In this day of the month you need to concentrate on such elements of reality, which are characterized by an infinite reproduction. A concrete example: the concept of eternity. Or the notion of infinite space.

Let me remind you yet again, that thinking, say, of Eternity, you are at the same time to build your desired event.

2. Seven-digit number: 8153485;
Nine-digit number: 198516789.

3. Your soul - it created the structure, your soul - it's recreated structure. Have a look at how to create your soul, see how she recreated. In an act of recreation - your soul, open your world and see where they reconstructed the Creator, look at the mechanism of recreation and you will see love. Love - is what brings light to the world. Love - this is what is built on the world. Love - is that there always was the first place. Look who made love, and you will see yourself. Love, belonging to you - are you owned by love. Build with love, build a prosperity, build with great joy of everyone's life and general happiness, and you can see the joy they see all around you. See the joy around you, and your heart will be filled with happiness. Be happy, be in harmony and happiness it brings you to eternity. Have a look at their eternal eyes, look at his eternal body, look at his eternal gaze at your relatives and daruyte of Eternity. Have a look at his eternity in all people and daruyte of Eternity. Have a look at their eternity in the whole world, all your surroundings and daruyte of Eternity. And the world will flourish, and will be a flower that blooms forever. And this flower is your world that is and all the World. And you live and your happiness is endless.

Day 23

1. In the twenty-third day of the month to concentrate on the development of all elements of reality towards the realization of the tasks of God.
2. Seven-digit number: 8154574;
Nine-digit number: 581974321.
3. Look at the world that need it to do, look at their domestic affairs, catch the feelings and look at them. See how your feelings are associated with events, why do you look forward, why do you feel that why your doing so and not otherwise. Why is the word "otherwise" can not be present in the world because the world is one and it is diverse in its unity. Why is the word "sole" means variety. Feel the nature of the phenomena in his particular case. Look at the matter from all sides. Look at your body and restore it one mind moment. Look at your mind and make it so that it solves all of your questions. Look at your soul and see that there has long been all there.

Day 24

1. In this day of the month at the concentration needed to get out of shape a person of any other object. For example, a videotape, a pen, a plant. You need to see from a form element person is born, say, a video cassette. That is how to realize the image of a man to get the videotape.

2. Seven-digit number: 5184325;
Nine-digit number: 189543210.

3. You've seen the reality that they saw you. You've come to the reality that you are. Look at all the days of the first twenty-four and you will see that your love is infinite. Look at the world as you look with love, look for a sense of how you build it, look for a sense of how the eternal creation and you come to love as an eternity. You go to her forever, and you stay with her forever. Creator - your God created you loving. You - the creation of God and you love. Love - this is life and life - is love. Is love, where you appear is the love in those places where you define and predetermined. Love can not be expressed in words and love can not express feelings, but your actions - this is love, where you create.

Day 25

1. In the twenty-fifth day of the month, you can concentrate on any subjects of their choice, but it is important that you have had several different concentrations, so you have some of their collection. Of this population, based on the analysis, you combine various objects concentrations in groups on any grounds. For example, a tape recorder and a cassette can be placed in one group, because they complement each other in fulfilling its mission. Tape recorder and a receiver can be combined into one group, treating them as products made using electronics. In one group can put the same type items, say, two different books. However, if these same books to look in terms of their content, their subject matter, these books may be in different groups, if the drafting group will be defining themes. As you see, you have complete creative freedom here.

You can, for example, sitting at home, look around and be used for this concentration of objects around you.

2. Seven-digit number: 1890000;
Nine-digit number: 012459999.

3. Come to think of himself in himself. Catch the thought of himself as a reflection of yourself. See yourself as you can see everyone. See yourself as you can see everyone. See yourself as you see a tree branch, leaf plants, the morning dew or snow on the windowsill. You will see that in front of you forever. You will see that you are eternal.

Day 26

1. In this day of the month you learn to see both whole and its parts, general and particular.

Suppose a herd of cows in front of you. You see all the flock, and at the same time can focus on any one cow. And to understand how it lives, what we think about how it will evolve. Or you can look at an ant hill and at the same time on a single ant.

With this concentration, you need to understand how almost at a glance be able to immediately see the whole and its parts, general and particular. This concentration will help you acquire this ability. You can instantly see at a glance and a general, and private.

2. Seven-digit number: 1584321;
Nine-digit number: 485617891.

3. Please note that you are evolving forever. See the fact that your development time. Take care that is eternal. For each motion is eternal and every thing - the personification of Eternity, and every person - is an eternity and every soul - a set of Eternity. Go to the Eternity of Eternity diverse one and you will see that in all eternity alone. Come through it to understand its soul, and you'll see that you are the creator of what you need. Apply this to the creation of all things, and you will see that every thing you have created. Apply this to the creation of his body, and you realize that your body can always be samovosstanovlen. Apply it to the health of others, and can be cured of another, you'll learn for themselves. Healing the others - it is always the experience for themselves. Restoration of all - it is always the experience for you. Do more good, let us more joy and happiness and you will get eternity in his hands in the form of specific technological tools of your consciousness. Spread the consciousness of the harsh conditions of Eternity. Where Eternity expands, it will overtake, surpass Eternity at infinity and see themselves as the personification of the Creator. Are you doing, where eternity is only expanding, you - the creator of eternity, you are in control Eternity and Eternity obey you always.

Day 27

1. In the twenty-seventh day of the month you need to do the same concentration as in the ninth day of the month, but add to it the infinite development of each element concentrations.

2. Seven-digit number: 1854342;
Nine-digit number: 185431201.

3. Come to help those in need. Come to the aid of those who do not need help. Come help yourself if you need help. Come help yourself if you do not need help. Look at the word "help" in its wider manifestation and look at the personification of kindness help. You are kind and you are helping. You - the creator and you have help. Every act of your creation is to help you. All you have created - is to help you. You have an infinite number of assistants, as well as you help an infinite number of others. You are in everyone's relationships with everyone, you're always helping everybody and all the help you need. In general bonds and mutual society to bring prosperity, give happiness to all and you will see yourself in the universal world harmony with all, where God the Creator - that is all that is created around you, it has everything that you created, and the personification of God in created all around you. And the personification of God as the creator of your manifest itself in your heart a true understanding of the world in self-development after the receipt of infinite life. Infinity of life - is infinite Creator. To be infinitely living, you have to be infinitely soluble, must be infinitely co-create. To be infinitely do, do do not need anything, we are created in perpetuity, to be infinitely co-create. You can make your every thought, your every move, your every action worked eternity.

Day 28

1. In this day of the month you need to execute the same concentration as in the eighth day of the month, but with one important difference. The point here is the following.

You've probably noticed that the previous day, 27th, in determining the type of concentration of 2 and 7 folded: $2 + 7 = 9$. In this case, the situation is different. Number 28 consists of two numbers: 2 and 8. In this case, the number 28 should be taken as: two multiplied by eight. Do not add 2 and 8, namely to multiply. That is, eight doubles. That is why in this day and repeated the program of the eighth day. However, this repetition should not be a literal, it should not be an exact copy of previous work. Something you should change. And the first thing to change something in yourself. For example, to change something in your vision of this concentration. Running it on the old scheme, you should nevertheless be seen in it something new to look at it from the other side.

Your understanding, as well as your perception of these concentrations should be widened and deepened. This is a creative process. It contributes to your development.

2. Seven-digit number: 1854512;
Nine-digit number: 195814210.

3. Look at yourself the way you look at the whole world at once. Look at the Creator as the Creator looks at you, and this will get the understanding that the Creator wants from you. Look at his eyes and you see his eyes. You'll see that look Creator also drawn to the distant phenomena in the world, and your task - to control these phenomena in the world. You should all phenomena in the world to make harmonious. This is your true objective. You have to bear and create worlds that are always harmonious. This is your true objective of your creation. For He, the Creator, has already created, because He, the Creator, has already done, and your job is to go this route, because the image and likeness you created, as created by the Creator.

Samovossozdalsya creator, but He created and you. Samovossozdaytes and create others. Create all the others and give all the general Welfare, and you'll have a world that is created for you and for all, and for the Creator. Create for the Creator, because He created you. Create for the Creator, for he created everything. And because everything that you either create, you can always create for the Creator.

Day 29

1. In the twenty-ninth day of the month you are generalizing concentration. On this day you should look at all concentrations of this month, the first day on the 28th. But they must perceive a pulse. This is important. Passed this month the way you embrace one single moment of perception.

In this case, you need to do some analysis of your work. On this day, how would you create a platform for next month.

You can anything you do, in the form of a certain sphere and put it on an infinite line, the initial portion of which includes the following month. Thus, you will create a platform not only for the next month, but also for your continued endless development.

2. Seven-digit number: 1852142;
Nine-digit number: 512942180.

3. Look at the world with my own eyes. Look at the world with all your senses. Look at the world all of its cells. Look at the world all of its body and all that you can see, and everything you are. Look at the world and himself and inside himself. Look at the world with the understanding that the world around you, and it envelops you. Look at the reality which gives life. Look at the reality, one that gives eternity. And you will see that wherever you look, there is just this reality, giving life and giving an eternity. And the creator of this reality - God. And the God who created this reality, has created everlasting life, and he sees you the way you see yourself, and he sees you as you do not see yourself, and he is your creator. And he is God.

Day 30

1. On this day, you spend the first concentrating on the constructed platform. This concentration is a foundation of your work next month.

Need to concentrate on the harmony of the world. You should see it, find it, enjoy it, admire it. And while you wonder how the Creator could create so perfect everything. That is, you admire the harmony of the World as a consequence of perfect Creator.

2. Seven-digit number: 1852143;
Nine-digit number: 185219351.

3. The principle on which you build all the preceding days, that day may be key, because in February, where now, in this chronology, 29 or 28 days, this principle on the thirtieth day goes on the first day or two. And this association shows the eternal cycle of life. Look for eternity in all your previous harmonization. Find this eternity in this simple example, for one month has 30 days another month - February - 29 or 28 days and after only one month this February we have a common unity of digits 30 with the numeral 1 or 2. And the union figures, different in nature and origin, speaks of unity and the common nature of all. Find a general nature in everything, in every element of information, and find the general nature where it is visible at once, and look where it yavna, and look where it is visible at once. And you see, and you realize, and you will feel, and you inspire.

Day 31

1. In the thirty-first day of the month you focus on separate areas of each volume.

Suppose, for example, on a plot of land the tree grows. You realize that beneath it - ground, on top of him and on both sides - the air. All these different areas together in your mind that you can see them in all the eternal reproduction of life. Life is eternal. You have to realize it. Keep this in mind, observing the world around us, feeling it, dissolving it. And awareness of this truth will come to you: Yes, life is Eternal!

2. Seven-digit number: 1532106;
Nine-digit number: 185214321.

3. Concentrate on that day itself. You are absolutely and completely healthy, and everything around you healthy. And the world is eternal. And all the creative events. And you can see everything just always in a positive light. And everything is always favorable.